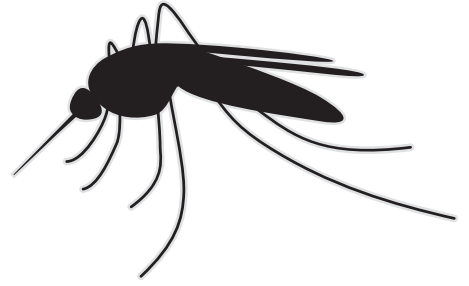


Take Control **FIGHT**

the Bite!



Remember the **“Four D’s”** to defend yourself against West Nile virus.



DUSK/DAWN are the times of day you should try to stay indoors. This is when infected mosquitoes are most active.



DRESS in light-colored long sleeves and pants when you're outside. For extra protection, you may want to spray thin clothing with repellent.



DEET (N, N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent. Follow label instructions, and always wear repellent when outdoors.



DRAIN standing water in your backyard and neighborhood – bird baths, old tires, flowerpots, and clogged rain gutters. These are mosquito breeding sites.

If you have symptoms that include stiff neck, high fever, or severe headache, contact your health-care provider immediately.

Visit the Texas Department of State Health Services at www.dshs.state.tx.us for:

- Frequently Asked Questions • Local West Nile Contacts
- Where has West Nile been Found in Texas? • West Nile Facts

City of Arlington
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